

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lenten Practices Calendar for Families 2026	These activities are based on the 3 pillars of Lent: Prayer (P), Fasting (F)	and Service (S). These pillars are rotated throughout Lent with some activities. Enjoy!	Feb 18 Ash Wednesday (P) Sorry/Apology	Feb 19 (F) Do not listen to any music or radio in car, only silence	Feb 20 (S) Send a card or email to someone who may be lonely	Feb 21 (F) Try to walk somewhere instead of driving.
Feb 22 (S) Buy or find 10+ items for a food pantry (deliver by 3/9)	Feb 23 (F) Don't eat sweets or dessert today	Feb 24 (P) Love/Sharing	Feb 25 (F) Don't watch T.V. today	Feb 26 (S) Do a secret chore or favor for someone in your family	Feb 27 (P) KINDNESS	Feb 28 (F) Replace all your beverages with water only today
Mar 1 (S) Ask your pastor for a chore your family can do	Mar 2 (P) FAMILY	Mar 3 (F) Eat one of your meals in silence today	Mar 4 (S) Deliver food pantry items from 2/18	Mar 5 (P) WAIT	Mar 6 (F) Do not any meat today	Mar 7 (S) Call someone on the phone and sing a happy song
Mar 8 (P) WORSHIP	Mar 9 (F) Do without something you normally use everyday	Mar 10 (S) Pick up 10 pieces of trash from your neighborhood	Mar 11 (P) WALK	Mar 12 (F) See how little power and electricity you can use today	Mar 13 (S) Take someone real or paper flowers today.	Mar 14 (P) MERCY
Mar 15 (S) Light a candle for a country at war	Mar 16 (F) Think of something you need to buy that you can make instead	Mar 17 (P) SHARE	Mar 18 (F) Make your meals very simple today	Mar 19 (S) Make a birdfeeder and put out bread for birds	Mar 20 (P) COMPASSION	Mar 21 (F) Do not play with toys that make noise today.
Mar 22 (S) Take a box of treats to the fire department	Mar 23 (P) PROPHETS	Mar 24 (F) No screens of any kind today (except homework)	Mar 25 (S) Learn to say "peace" in another language	Mar 26 (P) PEACE	Mar 27 (F) Do not eat any meat today	Mar 28 (S) Do something kind for a neighbor
Mar 29 Palm Sunday (P) HOLY	Mar 30 (F) Do not eat any snacks between meals today	Mar 31 (S) Find household things that others need more and deliver by Saturday	Apr 1 (P) FRIENDSHIP	Apr 2 Maundy Thursday (F) Don't eat any snacks after dinner	Apr 3 Good Friday (P) DARKNESS	